



### **Harmony at Work: How to restore work/life balance**

Advancements in technology have brought us great tools for making our lives simpler and more productive. But being accessible 24/7 has blurred the lines between work and home life and has left a lot of us feeling stretched, stressed, and out of balance.

At work we are challenged with balancing productivity, profitability, and creativity and doing this in an environment where 56% of workers admit they are not engaged in their work.

The reality is that true balance is an unattainable goal and the more that we strive for it, the more stress we are putting on ourselves and our systems.

### ***What is the solution? Strive for harmony instead.***

Harmony at Work is a workshop where participants explore how to create a productive and fulfilling life – both at work and at home. Starting with the 5 key aspects of Harmony, participants will increase their understanding of how and where to “plug in” to create more energy.

Throughout the workshop, participants will identify some specific steps they can personally implement to immediately bring more harmony to their lives.

### ***After completing Harmony at Work, participants will be able to:***

- Define the 5 key aspects of harmony
- Identify where their harmony is out of balance
- Implement steps to restore their personal sense of harmony
- Describe the relationship between their personal harmony and their organization’s success
- Incorporate harmony principles into their leadership and management practices
- Apply the harmony principles to create better solutions for themselves, their team/department, and their organization

